



THE ° CALGARY ° TENNIS ° CLUB

**2014 Canadian Seasonal Club of the Year**



## Calgary Tennis Club

2017

Adult Clinic and Cardio Classes

1445-16 Street SW

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### Clinic:

The clinic classes are designed for people to learn better techniques and tactics. In each class you will go over various technical elements, and learn more techniques and tactics. Our Clinic program caters to all players at all levels, from beginners (1.0) to experts (5.0+). Our clinics are designed to move you along, improving your game efficiently in singles & doubles.

### Specialty Clinic:

This is only available to students who are Intermediate or Advanced levels

**Week 1:** Serve and Return: Focuses on proper Serve Technique, Return of Serve Technique, Power and Control

**Week 2:** Dominating the Baseline and Patterns: This clinic will focus on volleys using proper techniques and transitioning from the base line to the net

**Week 3:** Volleys and Transition: This clinic focuses on baseline shots, and common patterns found in singles and doubles

**Week 4:** Agility and Footwork: This class will focus on general foot work needed in tennis, plus the proper foot work techniques involved with all shots.

### Cardio:

Cardio Tennis is a fun group activity for anyone at any playing level, looking for a fun way to burn calories and socialize with others. Cardio Tennis is a high energy fitness that combines the best features of Tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

### Junior:

All Junior lessons follow the Tennis Canada Progression Tennis Structure, with Red, Orange and Green dot balls. It's the smart and fun way to learn and play tennis. Progressive Tennis introduces Tennis in a fun and interactive way and ensures immediate success for young players aged 5-10. Progressive Tennis is used as a developmental tool to allow young children to improve their overall tennis skills faster so they can transition to the regular court with more ease.